

# Broccoli Rabe Bruschetta

BY MARIELLA AMATO  
CHEF/OWNER, MANGIA MANGIA

## INGREDIENTS

2 Burrata Balls\*, cut in half  
1 bunch Broccoli Rabe  
1-2 Tbsp Extra Virgin Olive Oil  
3 cloves garlic, peeled and sliced  
2 Tbsp fresh Italian parsley, chopped  
Pinch red pepper flakes  
Sea salt, fresh ground pepper  
Crostini slices

## PREPARATION

Trim tough stems from broccoli rabe and discard. Wash, rinse and dry the leaves.

In a large skillet heat olive oil, add garlic and saute until golden in color. Remove.

To same skillet add broccoli rabe and red pepper flakes. Cook until tender. Season with salt and pepper, to taste.

Remove broccoli rabe to serving plate and place burrata halves on top. Garnish with chopped parsley and drizzle with olive oil.

Serve with crostini.

\*An Italian cheese made from Mozzarella (cow's milk) and cream.

# Mushroom Bruschetta

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## INGREDIENTS

2 Burrata Balls\*, cut in half  
1 1/2 cups shiitake mushrooms, sliced  
1 1/2 cups cremini mushrooms, sliced  
24 cherry tomatoes, halved  
1-2 Tbsp Extra Virgin Olive Oil  
3 cloves garlic, peeled and slice  
Pinch red pepper flakes  
Few sprigs fresh Italian parsley  
1 Tbsp fresh Italian parsley, chopped  
Sea salt, fresh ground pepper  
Crostini slices

\*An Italian cheese made from  
Mozzarella (cow's milk) and cream.

## PREPARATION

In a large skillet heat olive oil, add garlic and saute until golden in color. Remove.

To same skillet add cherry tomatoes, parley sprigs, red pepper flakes and a pinch of salt. Saute until tomatoes soften. Remove tomatoes to a bowl and discard parsley sprigs. (You may also remove the tomato skins if desired.)

To the same skillet, add mushrooms and saute, tossing occasionally, until tender and golden brown. (Add more olive oil if needed.)

Return tomatoes and garlic to skillet. Season with additional salt and pepper, to taste.

Remove to serving plate and place burrata halves on top. Garnish with chopped parsley and drizzle with olive oil.

Serve with crostini.

# Ragu Siciliano

BY MARIELLA AMATO  
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## INGREDIENTS

8 ounces veal loin chops  
8 ounces Angus steak, cubed  
8 ounces ground beef (90% lean)  
6 Italian sausage links  
    2 spicy, 4 mild, cut into 2 inch pieces  
1 Tbsp Extra Virgin Olive Oil  
2 cloves garlic, peeled and crushed  
2 slices bacon, chopped  
1 large white onion, peeled and diced  
1 large carrot, peeled and diced  
2 stalks celery, diced  
2 Tbsp fresh Italian parsley, chopped  
2 bay leaves  
Pinch red pepper flakes  
12 ounces red wine (Merlot, Pinot Noir)  
Sea salt, fresh ground pepper  
4 quarts pasta sauce, 1 cup reserved  
1 pound pasta, Casarecce or other  
Parmigiano Reggiano for serving

## PREPARATION

In a large, deep saute pan heat olive oil, add garlic and saute until golden in color. Remove.

Season both sides of veal chops with salt and pepper.

To same pan, add bacon and saute 3 minutes. Add vegetables and saute an additional 7 minutes. Move vegetables to one side, add veal and sausage. Saute until browned, turning veal over. Add steak cubes and ground beef. Saute until browned. Remove veal chops, discard bone and cube. Return to pan. Season with salt and pepper, to taste.

Add pepper flakes, wine, bay leaves, parsley and cooked garlic. Cook for 3 minutes until wine is almost evaporated. Add all but 1 cup of pasta sauce. Bring to a simmer, reduce heat and simmer for 3 hours. Remove bay leaves.

Cook pasta according to package directions. Drain, return to pot and add 1 cup reserved sauce.

Transfer a serving of pasta and ragu to a skillet and heat for 1 minute. Transfer to plate and top with grated cheese. Serve.

# Veal Saltimbocca w/ Dandelion Greens

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## INGREDIENTS

6 slices veal cutlet\*  
6 slices prosciutto, sliced thin  
6 fresh sage leaves  
1/2 cup flour  
2-3 Tbsp Extra Virgin Olive Oil  
2 cloves garlic, sliced  
2 bunches dandelion greens\*\*, washed  
1/4 cup Marsala wine  
1 cup chicken or vegetable stock  
2 Tbsp fresh Italian parsley, chopped  
Sea salt, fresh ground pepper

\*Also known as veal scaloppine.

\*\*Substitute spinach or asparagus.

## PREPARATION

Pound cutlets to even thickness to tenderize. Place one piece of prosciutto on top of each cutlet. Top each with a piece of sage. Dredge in flour.

In a large skillet, heat 1 Tbsp olive oil, add dandelion greens and cook for 1-2 minutes. Cover and continue cooking for another 5-6 minutes tossing occasionally. Season with salt and pepper. Turn off heat and keep covered.

While greens are cooking, heat olive oil in a large saute pan, add garlic and cook until golden in color. Remove.

Add cutlets to pan, prosciutto side down, season with salt and pepper. Cook for 1 1/2 minutes. Turn cutlets, season with salt and pepper and cook for an additional 1 1/2 minutes. Add Marsala and cook for 30 seconds. Add stock. Continue to cook until stock is reduced and sauce coats the back of a spoon, about 5 minutes.

Place greens on a serving plate and arrange cutlets on top. Spoon sauce over cutlets and garnish with parsley.

# Seared Salmon w/ Dandelion Greens

BY MARIELLA AMATO  
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## INGREDIENTS

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2 - 4 ounce Atlantic Salmon filets  
4 Tbsp Extra Virgin Olive Oil  
2 cloves garlic, sliced  
2 bunches dandelion greens\*, washed  
2 Tbsp fresh Italian parsley, chopped  
Sea salt, fresh ground pepper

## PREPARATION

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In a large skillet, heat 1 Tbsp olive oil, add dandelion greens and cook for 1-2 minutes. Cover and continue cooking for another 5-6 minutes tossing occasionally. Season with salt and pepper. Turn off heat and keep covered.

Season filets, on one side, with salt and pepper.

While greens are cooking, heat olive oil in a medium saute pan, add garlic and cook until golden in color. Remove.

Add filets to pan, seasoned side down. Sear filets on all 4 sides until golden, about 2-3 minutes per side.

Place greens on a serving plate and arrange filets on top. Top filets with a few drops of olive oil and garnish with parsley.

\*Substitute spinach or asparagus.

# French Toast w/ Vanilla Ice Cream

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## INGREDIENTS

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1 cup milk or heavy cream  
1 large egg  
1 tsp vanilla extract  
1/4 tsp cinnamon  
Pinch salt  
Panettone loaf OR Brioche loaf  
2 Tbsp butter  
Vanilla ice cream\*  
Powdered sugar

## PREPARATION

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Mix together milk, egg, vanilla extract, cinnamon and salt in a bowl until well combined. Keep at room temperature.

Slice Panettone or Brioche into 1 inch thick slices. (Cut each slice into smaller pieces to ease handling.)

Melt butter in a large skillet. Dip bread slices in batter, place in pan, and cook until golden, about 1 1/2 minutes. Turn over and cook until golden about 1 1/2 minutes more.

Serve on individual plates. Top each serving with ice cream and powdered sugar.

\*Other flavors: Hazelnut, coffee, mocha, salted caramel

# Abbagata Al Caffe

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## INGREDIENTS

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Vanilla ice cream\*  
Fresh brewed espresso\*\*  
Whipped cream

## PREPARATION

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Place 2 scoops of ice cream into individual serving dishes.

Top each serving with espresso and whipped cream.

\*Other flavors: Hazelnut, coffee, mocha, salted caramel

\*\*Substitute a liqueur such as Amaretto or Kahlua